IN THE CLAIMS

1. (Original) A shoe, comprising:

an upper;

a sole affixed to the upper, the sole operable to place a wearer's foot in a position where the wearer's heel is closer to a walking surface than the wearer's toes during normal wearing conditions.

- 2. (Original) The shoe of Claim 1, wherein an acute angle is formed between the wearer's foot and the wearer's lower leg bones.
- 3. (Currently Amended) The shoe of Claim 1, wherein the sole has a substantially planar upper surface supporting a wearer's foot first surface, the sole having a lower second surface separated into a rear heel section and a forward toe section, the forward toe section having a substantially constant thickness from a forward periphery edge of the shoe to the rear heel section, the rear heel section having a decreasing thickness from the forward toe section to a rear periphery edge of the shoe.
- 4. (Original) The shoe of Claim 3, wherein the rear heel section and the forward toe section meet at a point substantially halfway with respect to the upper surface.
- 5. (Original) The shoe of Claim 3, wherein the rear heel section and the forward toe section have a same thickness at the point where the rear heel section and the forward toe section meet.

- 6. (Original) The shoe of Claim 3, wherein the forward toe section and the rear heel section are separated by a cavity.
- 7. (Original) The shoe of Claim 3, wherein the forward toe section extends short of a forward periphery edge of the shoe.
- 8. (Currently Amended) The shoe of Claim 3, further comprising:

one or more midsoles separating the wearer's foot from the substantially upper surface of the sole affixed to one of the upper and the sole.

- 9. (Currently Amended) The shoe of Claim 8, wherein the midsoles allow the wearer's heel to be closer to the walking surface than the wearer's toes.
- 10. (Original) The shoe of Claim 1, wherein the sole places the wearer's foot in a negative heel position.
 - 11. (Original) A shoe, comprising:
 an upper;
- a sole under the upper, the sole operable to place a wearer's foot in a dorsiflexion position.
- 12. (Original) The shoe of Claim 11, wherein the sole has a substantially planar first surface and a second surface with a constantly thick forward section and a decreasingly thick rear section.

- 13. (Original) The shoe of Claim 11, wherein the sole is an insole for the shoe.
 - 14. (Original) The shoe of Claim 13, further comprising: an outsole beneath the sole.
- 15. (Withdrawn) The shoe of Claim 11, wherein the sole is an outsole for the shoe.
 - 16. (Original) A shoe, comprising:

an upper;

an insole enclosed by the upper, the insole operable to place a wearer's foot in a position where the wearer's heel is closer to a walking surface than the wearer's toes during normal wearing conditions;

an outsole supporting the insole.

- 17. (Original) The shoe of Claim 16, wherein the insole has a rear heel section and a forward toe section, the forward toe section having a substantially constant thickness from a forward periphery edge of the shoe to the rear heel section, the rear heel section having a decreasing thickness from the forward toe section to a rear periphery edge of the shoe.
- 18. (Original) The shoe of Claim 17, wherein the rear heel section and the forward toe section meet at a point substantially halfway with respect to the outsole.

- 19. (Original) The shoe of Claim 17, wherein the rear heel section and the forward toe section have a same thickness at the point where the rear heel section and the forward toe section meet.
 - 20. (Original) The shoe of Claim 16, further comprising: a midsole separating the outsole from the insole.